

## FISH & CHIPS

COD small 12.95 1788 kcal | regular 17.95 2287 kcal



**One Feeds Two** Every time you order cod and chips we donate a school meal to a child in poverty.

BREAM 14.95 2326 kcal

HAKE 16.50 2175 kcal

HADDOCK 17.95 2201 kcal

SCAMPI 17.95 1818 kcal

## GRILLED FISH

**All served with chips or spinach and watercress salad.**

BREAM 14.95 1025 kcal

Similar to sea bass, with a slightly sweet taste.

HAKE 16.50 1271 kcal

My favourite white fish with soft flakes and full flavour.

HADDOCK 17.95 1162 kcal

A great alternative to cod, with lighter flakes.

COD 17.95 896 kcal

A medium sweet flavour with firm flakes.

## BURGERS

**All our burgers come in a glazed brioche bun with gem lettuce, tomato, red onion, mayo and chipotle chilli relish. Served with chips.**

FISH CHILLI BURGER 14.00 1042 kcal

HALLOUMI BURGER 14.00 995 kcal

BEEF BURGER 14.00 1171 kcal

**Add:** Bacon 133 kcal | Cheese 408 kcal

Onion Rings 273 kcal 1.00 (each)

## CORNISH PORK SAUSAGES

13.95 Battered 2240 kcal | Unbattered 1873 kcal

Two sausages available battered or unbattered. Served with chips.

## POKE BOWLS

BETROOT POKE BOWL 12.95 762 kcal

## ASIAN

PAD THAI NOODLES 14.00 1149 kcal

A delicate balance of chicken and prawns with soft noodles, the crunch of peanuts and beansprouts and flavours of sweet, salt, hot and sour.

NASI GORENG 14.50 750 kcal

An Indonesian inspired dish of egg fried rice, barbecued chicken, prawns, lime and sugar.

## CURRY

**All our curries are served with basmati rice and crispy onion and chilli garnish.**

VEGETABLE PONDICHERRY CURRY (VG) 13.95 310 kcal

With green beans, cauliflower, peas, potatoes and cashew nuts.

GOAN CHICKEN

CURRY 14.95 692 kcal

With coconut, coriander, tomato and chilli.

BEEF RENDANG 15.95 609 kcal

Hot and spicy with coconut, tamarind and palm sugar.

MEEN KULAMBU

COD CURRY 15.95 818 kcal

A fragrant curry from southern India.

**Add:**

Poppadoms 2.20 271 kcal | Chapati 2.50 107 kcal

Lime Pickle 94 kcal | Mango Chutney 60 kcal

2.00 (each)

## SIDES & SAUCES

MUSHY PEAS 2.00 25 kcal

GOAN CURRY SAUCE 2.00 52 kcal

CHIPS 3.95 1006 kcal

CHEESY CHIPS 6.50 1415 kcal

ONION RINGS 4.00 548 kcal

BREAD ROLL 1.50 102 kcal

GRAVY 2.00 37 kcal

SAUSAGE 4.75

battered or unbattered 1119 kcal | 951 kcal

SPINACH AND WATERCRESS SALAD 4.00 74 kcal

CHIP BUTTY 5.50 607 kcal

SALT AND

PEPPER PRAWNS 10.95 531 kcal

With a cucumber and spinach salad, and a soy and sesame dressing.

CHICKEN WINGS, TAMARIND

AND CHILLI SAMBAL 10.95 404 kcal

With mango, lime, and coriander.

**Sauces made by our chefs to Rick's recipes. 2.00 each**

TARTARE SAUCE 308 kcal

MAYONNAISE 376 kcal

AIOLI 365 kcal

CHIPOTLE MAYONNAISE 272 kcal

## KIDS all 7.50

**All served with chips or rice.**

COD & CHIPS 1811 kcal | SCAMPI 1342 kcal

SAUSAGE 1534 kcal | GRILLED COD 651 kcal

VEGETABLE CURRY 693 kcal

## DESSERTS all 5.95

SALTED CARAMEL CHEESECAKE 496 kcal

MISSISSIPPI MUD PIE 695 kcal

MANGO AND PASSION FRUIT CHEESECAKE 506 kcal

WHITE CHOCOLATE AND RASPBERRY FOOL 324 kcal

TRELEAVENS CORNISH ICE CREAM

Ask for today's choices

One scoop 3.00 226 kcal | Two scoops 4.50 394 kcal

Delight friends and family with a Rick Stein gift card, redeemable in all our restaurants, rooms, cookery school, shops and online.



\*(V) Vegetarian  
\*(VG) Vegan

All our fried food is cooked in beef dripping, please ask for our vegetarian & gluten free options. | Please ask if you need any information on allergens.

A discretionary service charge of 7.5% will be added to your bill. | A discretionary £1 donation to The Wave Project will be added to your bill, thank you for your generosity.